



# WE CAN BE STRONGER THAN DIABETES

*Salud*

*[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.*

Welcome to this podcast series on diabetes, brought to you by the National Diabetes Education Program or NDEP. NDEP is a joint initiative of the Centers for Disease Control and Prevention and the National Institutes of Health.

This podcast features *Salud* – music taken from the NDEP *Movimiento Por Su Vida* - Movement for Your Life CD/DVD promoting increased physical activity.

Salud salud salud salud  
Get in the mood Get in the mood

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Get in the mood

No me molestes, déjame quieto, yo estoy cansado

Salud salud  
It feels so good

Que tengo sueño, mucho trabajo  
Y es demasiado

Here I am on the couch  
Just relaxing all day  
Watching the game  
And munching away  
I don't want to go out  
I've been working all day  
Just hand me the remote  
And get out of my way

Pocholito mi amor  
No seas tan malito  
Sácame a bailar  
Aunque sea un poquito  
Ven y levántate  
Vamos a caminar  
Es un día tan bonito  
Vámonos a pasear

Salud salud  
Get in the mood

Salud salud  
It feels so good

I don't have the time  
I'm a very busy man  
And besides it's too hot  
So just pass me the fan

Excusas, excusas  
Todas las escuché  
Abandona el sillón  
¡Y ya mueve los pies!

Salud salud  
Get in the mood

Salud salud  
It feels so good

Era cierto, it was true  
Ahora estamos en el mood  
¡A bailar el movimiento  
Y a gozarla con salud!

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### Movimiento

The more you do it  
The better you feel  
Just get your body moving  
And don't stand still

Move it up, es cierto  
Ahora estamos en el mood  
¡A bailar el movimiento  
Y a gozarla con salud

### Movimiento

The more you do it  
The better you feel  
Just get your body moving  
And don't stand still

Move it up, es cierto  
Ahora estamos en el mood  
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Y a gozarla con salud!

Era cierto, it was true  
Ahora estamos en el mood  
¡A bailar el movimiento Aahhh  
Y a gozarla con salud!

Era cierto, it was true  
Ahora estamos en el mood  
¡A bailar el movimiento  
Y a gozarla con salud!

Move it out!

Salud salud  
Get in the mood  
Salud salud  
It feels so good  
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To order your free copy of *Movimiento Por Su Vida* or other free materials on preventing and treating diabetes, visit [www.ndep.nih.gov](http://www.ndep.nih.gov) or call the National Diabetes Education Program at 1-800-438-5383.

*[Announcer] To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.*